| Author, year  Quality | Setting | Risk | N  rand | Population  (mean age, y) | STI History | Outcome, ascertainment | F/U  (mo) | IG  Results | CG  Results | Between Group Difference: Point Estimate (95% CI) or P-value |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Low-intensity (<30 min)** | | | | | | | | | | |
| Boekeloo, 199963,143  Fair | Washington DC, primary care | Low/mix | 219 | Adolescents ages 12 to 15 y (NR) | Treated for STI: 5.9% | % treated for an STI (NR), self-reported (since previous assessment) | BL | 7.5 | 4.5 | NSD |
| 3 | 2.2 | 4.7 | NSD |
| 9 | 1.1 | 5.8 | NSD |
| **Moderate-intensity (30 to 120 min)** | | | | | | | | | | |
| Kershaw, 200959  Fair | Atlanta, GA, and New Haven, CT,  primary care | Increased | 513 (sub-group) | Pregnant adolescents age <20 y (NR) | Lifetime STI: “more than half” | % STI (chlamydia, gonorrhea), laboratory | 12 | 9.3 | CG1: 12.6  CG2: 20.3 | IG vs. CG1: OR, 0.67 (0.30 to 1.45)  IG vs. CG2: OR, 0.37 (0.17 to 0.77) |
| Kamb (mod IG), 199858,144-147  Fair | 5 US cities, STI clinic | Increased | 508 (sub-group) | Sexually active adolescents ages 14 to 19 y (NR) | BL STI: 32%\* | % STI (chlamydia, gonorrhea, syphilis, HIV), laboratory | 12 | IG2: 17.5 | 26.6 | IG2 vs. CG: adjusted OR, 0.53 (0.32 to 0.86) |
| **High-intensity (>120 min)** | | | | | | | | | | |
| Jemmott, 200567  Fair | Philadelphia, PA, primary care | Increased | 682 | Sexually active African American or Latino adolescent girls ages 12 to 19 y (15.5) | BL STI: 21.6% | % STI (gonorrhea, chlamydia, trichomoniasis), laboratory | BL | IG1: 26  IG2: 22.8 | 16.9 | NSD |
| 6 | IG1: 15.5  IG2: 15.8 | 14.8 | IG1 vs. CG: p=0.89  IG2 vs. CG: p=0.80 |
| 12 | IG1: 15.4  IG2: 10.5 | 18.2 | IG1 vs. CG: p=0.44  IG2 vs. CG: p=0.05 |
| DiClemente, 200468,148-153  Good | Birmingham, AL, primary care | Increased | 522 | Sexually active African American adolescent girls ages 14 to 18 y (16) | BL STI:  G: 5.2%  C: 17.4%  T: 12.6% | Gonorrhea, unadjusted rate per 100 person-mo, laboratory | 12 | 0.9 | 0.7 | Adjusted OR, 0.14 (0.01 to 3.02) |
| Chlamydia, unadjusted rate per 100 person-mo, laboratory | 12 | 2.1 | 2.0 | Adjusted OR, 0.17 (0.03 to 0.92) |
| Trichomoniasis, unadjusted rate per 100 person-mo, laboratory | 12 | 0.9 | 1.2 | Adjusted OR, 0.37 (0.09 to 1.46) |
| Kamb (high IG), 199858,144-147  Fair | 5 US cities, STI clinic | Increased | 512 (sub-group) | Sexually active adolescents ages 14 to 19 y (NR) | BL STI: 32%\* | % STI (chlamydia, gonorrhea, syphilis, HIV), laboratory | 12 | IG1: 17.2 | 26.6 | IG1 vs. CG: adjusted OR, 0.54 (0.33 to 0.88) |
| Champion, 201269  Fair | Southwestern US, research clinic | Prior STI | 559 | Ethnic minority adolescent girls with STI or abuse (16.5) | Lifetime STI: 100% (of analyzed sample) | % new STI (gonorrhea, chlamydia), laboratory | 6 | 0 | 6.6 | p=0.001 |
| 12 | 4.8 | 13.2 | Adjusted OR, 0.035 (0.002 to 0.53) |
| Shain, 199957, 154-156  Fair | San Antonio, TX, research clinic | Prior STI | 148 (sub-group) | Adolescent Mexican American and African American girls ages 14 to 18 y with a nonviral STI (NR) | BL STI: 100% | % STI (chlamydia, gonorrhea), laboratory | 6 | 12.1 | 25.6 | OR, 2.50 (1.03 to 6.08); p=0.04 |
| 12 | 24.2 | 40.2 | OR, 2.11 (1.03 to 4.3); p=0.04 |

\*Data for entire study population, which included adults and adolescents.

**Abbreviations:** BL = baseline; C = chlamydia; CG = control group; CI = confidence interval; F/U = followup; G = gonorrhea; HIV = human immunodeficiency virus; IG = intervention group; NR = not reported; NSD = no significant difference; OR = odds ratio; rand = randomized; STI = sexually transmitted infection; T = trichomoniasis.